

VOL 4, NO.1, JANUARY 2012



the Inside Scoop...of OJJ

Mission:

The Office of Juvenile Justice protects the public by providing safe and effective individualized services to youth, who will become productive, law-abiding citizens.



Dr. Mary L. Livers, Deputy Secretary

The new year has begun and Christmas is now just a memory, but this issue of *The Inside Scoop...of OJJ* is a short look back down memory lane. It's easy to see from the news in this issue that as ever, OJJ staff works hard but finds a few moments to celebrate, and enjoy one another's company, and to work with our kids and their families to make sure they are well cared-for during the holiday season (and the entire year.) Our staff is more like a family than just a collection of coworkers. I'm always proud to see what you are all doing and to be a part of such a great team.

The new year brings new challenges and the legislative session is always close behind. Your executive team is already gearing up for the session and the budget hearings.

Just a housekeeping note - we often receive requests from staff for back issues of *The Inside Scoop...of OJJ* and the weekly **What's Up Doc?** messages. All back issues of *The Scoop* are posted on SharePoint, and **What's Up Doc** is posted on our website – under the Newsroom link on the left. If you are ever looking for OJJ history and information, the website is a good place to look.

So, as we enjoy this crazy, unpredictable winter season and gear up for the Superbowl, I am thankful for all of you, the backbone of OJJ, for being the inspiration that you are.

"Doc"

Dr. Mary L. Livers

The Daily Motivator

In Each Challenge

In each challenge is great opportunity. So step forward, meet the challenge, work persistently through it, and make the opportunity yours.

It's difficult, complicated, inconvenient, and demanding. And you are wonderfully able to deal with all that, to create a valuable outcome.

There are plenty of excuses you could make, and yet you know the excuses have no real value. There will be times when you feel like quitting, and yet in every case you know you can overcome the desire to quit with your positive enthusiasm for seeing it through.

You've successfully endured every challenge in your life so far, and you certainly have what it takes to successfully take on even bigger challenges.

You are able to make a difference, and the more you make use of that ability, the stronger it grows.

Though many things will go wrong, you know from experience that even in adversity there is much value to be gained. Each obstacle makes the eventual achievement all the more rewarding.

You're good at dealing with challenges, so put that ability to meaningful and rewarding use.

Step forward, meet the challenges that lead to your dreams, and bring those dreams to life.

— Ralph Marston

Staff Spotlight

Spotlight on...Anonymous OJJ Staff Member

Editor's Note: This month's Employee Spotlight is very different. The staff member chosen for the spotlight feature asked to remain anonymous, but made some very good points that we would like to share.

Anonymous came to work for OJJ many years ago, but left after several years for another opportunity. "I didn't think I would miss it, but I did," said Anonymous. "I met some parents of OJJ youth who told me that I had made a difference for their kids. That brought me back."

"This dedicated employee is always willing to assist," said the supervisor. "Anonymous always comes to work on time, completes tasks, assists when needed, and never complains....has come to work on off days and stays late to assist on other days...has great rapport with staff and youth, and is a team player."

"LAMOD is really good for the kids," Anonymous said. Now the kids have much more attention from the staff. Things are getting better all the time. Each dorm is like a family."

**"...each one of us can and should make a difference ...
Your co-workers depend on you...we are a team."**

"A lot of our kids are not used to getting respect from adults," Anonymous said. "Now, they know where they stand, and where staff stands. When you give respect, you get it back – most of the kids can sense that. LAMOD is all about respect."

Anonymous believes that each one of us can and should make a difference. "Your co-workers depend on you," Anonymous said. "When you are not at work when you are

supposed to be, the others have to work harder. That's why I came back, because we are a team. Our co-workers are our partners, and if someone is not here, our partners have to work harder. When everyone does their share, the kids have a better day. They get the attention they need. The kids know when someone is not here. Kids never miss a thing."

"I come here every day to do a job," Anonymous said. "I am here to work. Once you are at work you should put the kids first. That's what we are getting paid for. If everyone does what is necessary and gives 100 percent, getting the job done would be a cakewalk."

When we give 100 percent and more every day, meeting the mission comes naturally.

CQIS POLICY UPDATES

Approved:

- A.1.7 Risk Management 12/6/11
- A.2.1 Employee Manual 12/14/11
- B.2.17 Sex Offender Notification and Registration Requirements 12/21/11
- B.5.1 Youth Code of Conduct – Secure Care 12/12/11
- C.2.17 Youth Hunger Strikes 12/21/11
- D.10.3 Assignment of Cases, Reports and Other Activities 12/19/11
- D.10.10 Families in Need of Services 12/19/11
- D.10.15 Detention & Location of Youth Pending Secure Assignment 12/3/11
- D.10.23 Consultation with Colleges and Universities 12/3/11

Rescinded:

- DYS D.10.26 Place of Detention 12/3/11
- DYS 10.10 Families in Need of Services 12/19/11
- DYS 10.15 Location of Juveniles Pending Secure Assignment 12/3/11
- DYS 10.23 Cooperation & Consultation with Colleges & Universities 12/3/11

Success Stories

Monroe OJJ Shares a Touching Success

By PPO Gary Hunter, Monroe OJJ

On January 9, the Ouachita Parish 4th Judicial District Drug Court Program under the leadership of the **Honorable Judge Sharon Marchman**, seized a special moment to congratulate **Youth Eric A.** The occasion was special because this youth has experienced tragedies and misfortunes in his life, but Eric has managed to hang in there during difficult times. Through a number of sanctions and incentives to improve his behavior and his use of drugs, we discovered Eric's seemingly hidden gift.

"...collaborative efforts and partnership....where information is shared to address the needs of the youth..."

It was all uncovered through collaborative efforts and the partnership between the court, the drug court team, parent, teacher, counselor and his Probation Officer. It occurred through pre-court meetings where information is shared and carefully discussed to address the needs of the youth who participate in the Ouachita Parish 4th Judicial District Drug Court Program.

My personal belief is that God's providence intervened in the life of this youth. The reason I feel this way is that, while I was working with Eric on a personal contact at his school, his English teacher was in the right place at the right time with the missing piece to the youth's destiny of success. Eric's teacher quietly made a request to speak with me after hearing the genuine interest in my plea for Eric's improved behavior in school.

Eric's English teacher shed light on his academic gift. The teacher reported that Eric had written one of the best essays in the alternative school and scored 12.9 on his initial TABE (Test of Adult Basic Education). Eric's teacher expressed confidence in Eric and her belief in his ability to pass the GED. The problem Eric faced was his repeated negative school behavior, which resulted in the sanction of detention.

As I listened to his teacher, I seized this moment to connect with Eric and change my focus with his case. With assistance from the school counselor, Eric was scheduled to take the GED. I went to Eric's home and expressed to his mother the importance of Eric passing the GED, and confidence in his ability to do so. Eric received a date and site to take the test.

I followed up on arrangements, only to learn Eric had not appeared for his test. This led me to back up, start over and track down Eric to learn his whereabouts. It turned out that Eric and his mother had been given incorrect information about where the GED test was to be administered. Further arrangements were made and Eric was permitted to test later without penalty.

On a home visit with Eric, he quietly reported that he had passed the test. Eric's school counselor had just moments earlier informed him of his passing status on the GED. At that moment, I did not know whether to shout or cry to express my innermost feelings of congratulation to Eric. After settling down a bit, I concluded that this moment was worth the recognition of true success.

After a lengthy period of commitment and tireless work, Eric A. received his GED, had his electronic ankle monitor removed, graduated from the 4th Judicial District Drug Court, and satisfactorily completed his period of probation.

Hallelujah, thanks to God for his divine providence in the life of Youth Eric A.

Thibodaux Regional Office

Employee of the Month

Congratulations to **PPO Tressa Gros, January Employee of the Month**. She is a valuable asset to our team here in Thibodaux.

A Gift for our Youth

Thibodaux OJJ took up a collection for former OJJ youth **Steven T.** He was presented with a \$70 Wal-Mart gift card by his **PPO, Sandra Rodrigue**. Steven reported that he is doing well and is applying to community colleges.

Social Services Counselor Reshonn Saul attended the 40th Judicial District Court Youth Planning Board Christmas Social.

Christmas Celebration at T-OJJ



Thibodaux OJJ enjoyed a Christmas meal with delicious finger foods and desserts. It was a joy to share a meal together and some fun times with one another. Our tree is pictured, left.

Youth and staff from AMIkids-Donaldsonville visited T-OJJ to sing us some Christmas carols. We enjoyed their thoughtfulness in stopping by to wish everyone a merry Christmas.

PPO Heidi McElroy was presented a token of appreciation from AMIkids Donaldsonville. The kids also enjoyed punch and cookies afterwards as well.



Above and below, youth singing Christmas carols.



Youth enjoying refreshments at the Christmas reception.



Left, RM Angela Koenig, PPOs Heidi McElroy and Sandra Rodrigue with a wreath from AMikids. Right, RM Angela Koenig with her gift, Maison Blanche's Mr. Bingle scarf.

Tallulah Regional Office

Tallulah OJJ celebrated the season with a Christmas meal of grilled steaks done by **PPO Dramian Crockett**. Also served were baked potatoes, green salad, French bread, and various desserts. The steaks were absolutely delicious! Our thanks to our chef!

Tallulah OJJ also celebrated the Christmas season with our second annual door decorating contest. Almost everyone participated, with some going to great extremes to decorate. Judging the doors were representatives from our local group home, Christian Acres. Prizes were awarded to the 1st, 2nd and 3rd place winners.

The doors really helped to spread holiday cheer throughout the office. We congratulate our winners: 1st place: **PPO Kim Green**; 2nd place: **PPO Jessica Southern**; and 3rd place: **AC3 Martha Hattaway**. Honorable mentions went to **PPO Truett Glass** with his Star Wreath, **PPO Robert Johnson** with his "Bah Humbug" and **AC3 Sherri Mathews** with her OJJ office Snow Globe.



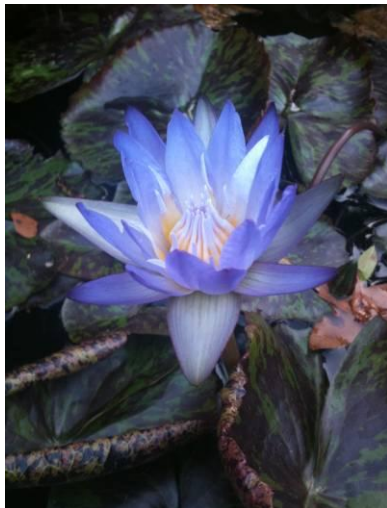
Kim Green's first place, left, and Jessica Southern's second place, right.



Martha Hattaway's third place winner, left, Truett Glass' honorable mention Star Wreath, right.



Honorable Mentions went to PPO Robert Johnson with his "Bah Humbug," left, and AC3 Sherri Mathews with her OJJ office Snow Globe.



A water lily in the garden of Bridge City Staff Development Specialist Susan Taylor, who lives and gardens in Ponchatoula.

Swanson Center for Youth

Epiphany Gathering Held for Youth

During an Epiphany gathering, volunteers had the youth make items to send to the Louisiana War Veteran's Home. One of the projects used construction paper and recycled Christmas cards to make new cards. The other project was making Christmas trees and decorating cookies for the veterans.



Youth making Christmas trees for veterans.



Youth making Christmas cards to present to veterans.

CCS Holds Christmas Luncheon

Several team members of the CCS Medical and Mental Health Family gathered together in December for a Christmas pot luck in the Infirmary. Staff enjoyed a variety of appetizers, specialty dishes, desserts, and of course great company. It was a great time of fellowship in celebration of the holiday

season. Several OJJ staff members stopped in to enjoy the feast, including **Deputy Director Nadira Ricks**.



Staff enjoy the Christmas luncheon.

CCS also held its 1st Annual Christmas Social at the Catfish Cabin in Monroe. Among the attendees were **Director Vickie Shoecraft**, **Deputy Director Nadira Ricks** and **Deputy Director Germaine Simon**, who joined the CCS team members, family and friends.

CCS Presents First Aid Kits to Carroll High School

CCS presented Carroll High School's coaches with two first aid kits during their December Booster Club meeting held at the school. The first aid kits were presented by **Adm. Asst. LaShonda James**, representing CCS, on behalf of **Kevin DeBruhl, Health Services Administrator**, who actively extends a helping hand to Carroll HS.



First aid kits are delivered to Carroll High School coaches by CCS Adm. Asst. LaShonda James, second from right.

Shreveport Regional Office

Christmas – the Spirit of Giving

We collected a dollar from anyone who wanted to participate in "jeans day." PPOs could wear jeans one day by giving \$1.00. We collected about \$80.00 for the Shreveport Police Department's Operation Santa Claus, an organization that collects toys for children that will not have gifts for Christmas.

Community Service and Training Events

PPS Kim Carlisle, **RM Kristi Martin** and **Program Specialist Jan Crain** attended a tour of Community Renewal, a project to help and clean up the Shreveport area.

Probation officers conducted two curfew checks on Wednesday evenings in December.

PPO3 John Whitlock conducted an 8 hour classroom firearms refresher course for Shreveport OJJ at our office.

Program Specialist Jan Crain, **PPS Kim Carlisle** and **RM Kristi Martin** attended the Magellan Community Forum for implementing the Coordinated System of Care, conducted by representatives from Magellan Health Services at the Shreveport Convention Center.

Celebrations Held



We enjoyed our Christmas party in early December, and we celebrated several December birthdays:

PPO3 Todd Carlisle, **Administrative**

Coordinator 4 Shatina Salter and **PPO1 Matthew Carter**. Our office Christmas card is pictured, left.

Staff Awards Presented

Awards were presented to our staff to recognize outstanding contributions in 2011. Congratulations to our winners, and remember, ALL of Shreveport OJJ's staff are winners.

Employee of the Year: PPO3 Dwain Wilemon

Supervisor of the Year: PPS Kim Carlisle

Rookie of the Year: PPO2 LaNita Lars

Most Improved Employee: Brandy Graham

Top Gun Shooters (the top shooters at the shooting range during training): PPO1 Jason Brown, PPO2 Jarred Cram, PPO3 Sandy Ersoff, PPO2 Alan Glover and PPS Rick Ladner

Best Attitude: Transport Officers Amanda Lummus and Louis Elie



Above: PPO2 Alan Glover, PPO3 Sandy Ersoff, PPS Rick Ladner, PPO1 Jason Brown and PPO2 Jarred Cram. Below: PPO2 Brandy Stratton Graham, PPS Kim Carlisle, PPO3 Dwain Wilemon and PPO2 LaNita Lars.



Left: PPO2 Brandy Stratton Graham. Right: Transport Officers Amanda Lummus and Louis Elie.

Below, Shreveport OJJ wishes you all a happy 2012.



The New Orleans/Jefferson Regional Office

Employee of the Month

New Orleans OJJ congratulates

**Administrative Assistant III
Bridgette Dillon**

as December 2011 Employee of the Month. The way she performed

throughout the last month shows her hard work, sincerity, perseverance and diligence. OJJ has taken note and appreciates her proficiency in handling all tasks assigned to her. She continually keeps the same spirit of excellence in all her duties and responsibilities.



Congratulations

Congratulations go out to **PPO Shawn Herbert** on her promotion to the Department of Health and Hospitals, Coordinated System of Care, in the Family Lead position. New Orleans OJJ will definitely miss Shawn but we are proud of her reaching for the stars in her career.



PPO2 Tanice Hanley with Shawn Hebert at the send-off party for Shawn.

Condolences

Heartfelt condolences to **PPO3 Daria Melder**, who recently lost her mother, **Mrs. Annabelle Melder**. Please keep Daria and her family in your thoughts and prayers.

The most wonderful time of the year!

New Orleans OJJ was truly blessed to disburse gifts to youth in the community during the Christmas holidays. Parents and youths seemed genuinely grateful for the outreach, compassion and gifts during such a wonderful time of the year. Thank you to our staff who gave wholeheartedly in support of our families.

YEP Christmas Party Held

The Youth Empowerment Project (YEP) held its annual Christmas party for the youth in all of their programs. Everyone had fun and enjoyed the food, entertainment, gifts and door prizes. This year toys were donated to YEP from Raintree Children and Family Services and Toys for Tots. Also, YEP gave out gift cards to some youth in our reintegration program, community based mentoring and afterschool programs, to stores

including Foot Locker, Forever 21 and Wal-Mart. Gifts were also given to some of the parents of the youth in our program. Overall, this year's Christmas party was a huge success. Everyone received a gift regardless of whether or not they were a part of YEP. We look forward to another year of excitement and fun with the youth we serve at YEP. We were happy that **staff from the Office of Juvenile Justice** came out to support this event.

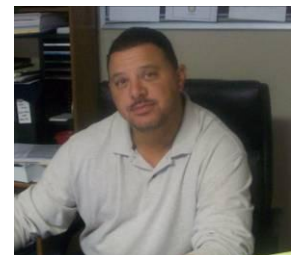
Below, youth enjoying the festivities and their gifts.



Natchitoches Regional Office

Employee of the month

PPS Simon Sarpy



Community Involvement

Natchitoches staff donated food for the holidays to a family in the Natchitoches region, right.



Monroe Regional Office

PPS Gail Wilson attended the Training Advisory Council Meeting held in Baton Rouge.

Monroe OJJ hosted a joint training with Tallulah OJJ on the topic of "Mental Health Training Curriculum for Juvenile Justice." The lead instructor was **Social Worker Kathy Powell** from Swanson, assisted by **PS Walteree Barnes** and **PPS Gail Wilson**.

We held our annual Christmas party, and a good time was had by all. This year, we sponsored two children from the Salvation Army's Angel Tree. The office also enjoyed our annual tradition of "Dirty Santa."



Above, Salvation Army Angel Tree gifts. Right, PPO3 Joel McNair.



Regional Manager Patty Newman enjoys the Christmas party.



PPO3 Janice Wheelis

Lake Charles Regional Office

RM Ann Vick, PPS Melissa Cross and **PPO Delisa Clark** travelled to Jetson to participate in the Jetson Celebration of Change program and to honor **Beauregard Parish District Attorney David Burton**, this year's recipient of the LA Champion of Juvenile Justice Award.

Thanks and Kudos

Kudos to **PPO Delisa Clark**, who spent extra time training and investing in **Necola**, one of our recent McNeese State University interns.

Kudos to **PPO Angie Stevens** and **PPS Ken Vidrine** for interviewing the large number of prospective interns interested in experiencing what we do. The Career Fair group, **PPO Monet Newman, PPO Delisa Clark** and **PPS Melissa Cross**, has been effective in developing interest and university involvement. We have to make quality investments in students who really want to learn and will gain the most from this experience. What a team!

Kudos to **PPO Fred Fontenot**, who has been doing a great job managing video conferences.

Thank you to **Administrative Coordinator 4 Annette Stoddard** and **PPO Jeff Haley** for each creating an electronic 2011 Christmas card for Lake Charles OJJ.

AC4 Annette Stoddard showed great generosity and willingness to donate a piece of pre-owned furniture to a client in need.

At the end of December, **PPO Alexis Heflin, PPO Hollie Comeaux** and **PPS Ken Vidrine** worked hard on gathering ACA for the last half of year.

RM Ann Vick took some time to reflect and wrote a memo addressing each staff member with intent to motivate and inspire growth for the 2012 New Year.

Thanks to **PPO Rebecca Harmon** who volunteered to edit and revise our outdated Car/Field Schedule, which is always a huge task.

Lots of Teamwork seen in December

PPO Ronald Gilchrist exerted great effort and was extremely helpful to **PPO Rebecca Harmon** during the execution of a Verified Complaint (VC) in which Ronald chased a juvenile in our custody who was attempting to flee. Due to Ronald's quick thinking and good physical conditioning, the matter was resolved within minutes, without use of force or injury to the young man. Great job!

PPO Rebecca Harmon continues to get many encouraging letters from Youth Challenge Program youth and they all indicate that she is inspiring them and doing a great job to encourage them. Rebecca is also a recipient of a positive youth closure survey. Good job, Rebecca! Feedback from your clients reflects your efforts!

Administrative Coordinator 4 Erline Pierce expressed great appreciation and sincere gratitude for the teamwork and volunteerism displayed by several of her coworkers in December, in her time of need, when staff volunteered to take Erline's phone shifts while she was on FMLA - **PPO Delisa Clark, PPO Monet Newman, PPO Rebecca Harmon and PPO Stefanie Krygowski**. Monet, Delisa and Rebecca answered main line phones in addition to regular time slots. And thanks for volunteering to act as one another's Administrative Panelist, despite many other obligations.

PPO Rebecca Harmon offered assistance to **Transport Coordinator Jeff Haley** over the Christmas holidays.

PPO Alexis Heflin, PPO Fred Fontenot, PS Karli Pullard, PPO Hollie Comeaux, PPO Rebecca Harmon and Reggie Prudhomme of Boys Village treated three Boys Village residents to lunch at Leonard's for a good

gravy and rice type meal, to reward good behavior and earning of 700 points (100% possible points earned). **Jacobe M., Kyle H. and Xachary M.** enjoyed their outing.

Christmas Celebrated in a Big Way

Lake Charles OJJ celebrated our annual office Christmas party with a great lunch, and we conducted the finale to our Secret Santa gift exchange/game. The Secret Santa mission lasted 5 work days and went over very well, with many guesses, and several appreciative emails sent to all so that the message could get to the right "Secret Santa," with many people TRYING to be sneaky! And, **Natchitoches OJJ** visited our office Christmas party as they tested their TV and camera equipment! Hello, friends!

We also held a Christmas door decorating contest and we decorated everything that stood still long enough! We invited two top residents to be our judges – one from La Maison de Grace's Transitional Living Program and one from Boys Village. They were thanked for their participation and being good sports!



Left, AC3 Erline Pierce and the door decorating contest sign. Right, PPO Alexis Heflin, Christmas door contest first place winner.

Eleven OJJ participants spontaneously created the following Christmas Tune, while waiting for our guest judges to conclude their findings of the door decorating contest:

On the ____ day of Christmas, my sweetheart gave to me:

12% raises; 11 Fez hats; Size 10 jeans; 9 studs-a-dancing; 8 text messages; 7 Coach purses; 6 thousand dollars; 5 cowboys; 4 "raslin'" tickets; 3 candy bars; 2 packs of cigs (in a smoker voice); and a coworker with a snowman-shirt on! The OJJ songwriters were #1-Stefanie Krygowski, #2-Rebecca Harmon, #3-Delisa Clark, #4-Garrick Chambers, #5-Annette Stoddard, #6-Melissa Cross, #7-Monet Newman, #8-Alexis Heflin, #9-Ann Vick, #10-Karli Pullard and #11-Jeff Haley.

Once again, we collected, organized, and donated two Christmas food baskets for families in need. **RM Ann Vick** and **PPO Fred Fontenot** both brought turkeys to add to the baskets.



Christmas basket

Just days before Christmas, **RM Ann Vick** dropped off Hug-a-Bears at Detention and Harbour House for kids who were unable to go home for Christmas. Each year, Ann's church gives these bears, as a Christian ministry of love, to our kids who most need to feel loved at Christmas.

AMIkids SouthWest LA invited Lake Charles OJJ to their annual Christmas meal to celebrate the Christmas holidays with AMI

students and staff members. Eight OJJ staff attended.

Congratulations

Lake Charles OJJ is proud of our five Youth Challenge Program graduates. **PPO2 Hollie Comeaux's** caseload: **Joshua D.** and **Collin G.**; **PPO3 Alexis Heflin's** caseload: **Brandon B.**; **PPO Fred Fontenot's** caseload: **Devin Whitaker** and **PPO Garrick Chambers'** caseload: **Jason B.** **Joshua** and **Devin** received their GEDs.

Congratulations to **Logan Clark, son of Dr. Gregory Clark and PPO3 Delisa Clark**, for being awarded **Student of the Year** at his school! Logan is quite the musician and shows interest in a variety of instruments. He is active in his church and in his community. He excels academically and is extremely well-behaved. He is very kind, makes friends easily, and has the greatest smile.

And a Little Fun...



We had "Wild West Day" at the office after Christmas. Several staff wore jeans and new cowboy boots! (some were Christmas presents!) Yeah, we'll do just about

anything to boost morale and hang on to the holiday spirit a little longer! Pictured are, from left, **PS Karli Pullard**, **PPS Melissa Cross**, **PPO Rebecca Harmon**, **PPO Monet Newman**, **PPO Delisa Clark** and **PPO Garrick Chambers**.

Six employees in our office (1/3 of our staff) celebrated December birthdays, and we went to lunch together to celebrate the births of

PPS Melissa Cross – Dec. 1, **PPO Alexis Heflin** – Dec. 4, **PS Karli Pullard** – Dec. 11, **PPO Jeff Haley** – Dec. 14, **PPO Delisa Clark** – Dec. 14 and **PPO Hollie Comeaux** – Dec. 22. While at the restaurant, things got a little rowdy between friends! **Karli** decided to share her cupcake and her calories with a dear friend, **Alexis**! **Annette Stoddard** also got in on the act by "snuggling" Alexis to help Karli share her calories! The Lake Charles group is always ready for laughs, and a camera is never out of reach thanks to smart phones! Ah, great times, memorialized below.



One final random act of cuteness: **PS Karli Pullard**, left, and **PPO Monet Newman**, right, dressed as twins! (unintentionally, so they say!)

Lafayette/Opelousas Regional Office

Thanks and Kudos

PPOs Denis Lacroix and **Seth Richard** attended a Youth Challenge Program (YCP) graduation in Alexandria. They did this on a Saturday on their own time to show support for two former probationers who had successfully completed YCP. Not only do these officers continuously work to ensure they are meeting the needs of current clients, they continue to support and encourage the efforts of youth who were with OJJ in the past.

The December monthly Parent Empowerment Network meeting was held at the Lafayette office. This was the first meeting in which the parents led the meeting and began planning for the year's upcoming activities with P.E.N. Thanks to **PPO3 Chase Cappel** for arranging and attending the meeting as support for the parents. Kudos go out to **PPO3 Cassandra Gardiner** for coming in on Saturday and providing transportation for a parent who wanted to attend the meeting.

Thanks to **PPO Bret Gould**, **PPS Courtney Holderman**, **Robert Guirard** and **Tracy Flores** for their continued work with staff preparing for the academy. They have taken **PPOs Lakeisha Lewis**, **Seth Richard**, **Jeffrey Edwards** and **Ben Guidry** to the range on a regular basis and conducted weekly assessments of their running and pushups to encourage them to keep the focus. Bret, Courtney, Robert and Tracy not only monitor, they have gotten out there and done the work right along with the staff.

Much needed thanks go out **PPO3 Lynnette Broussard**, who is responsible for day-to-day logistical arrangements. This is no small task in the Lafayette office as we assist multiple regions, in addition to coordinating our own transports.

Thanks go out to **PPO Beth Broussard** for arranging all weekly evaluations for the Lafayette region. Some weeks there are three psychologists coming and going in the Lafayette office, working on getting all the required evaluations done. Beth does an excellent job arranging these and keeping things on track for us.

PPO3 Deacon Jones' youth **Curtisha B.** participated in the Louisiana Culture Festival held at Ace Alternative School in December. She cooked red beans and sausage with rice and baked cornbread. The meal fed the students, parents and staff at the school.

PPO3 Deacon Jones and his family attended a evening Christmas play in December, to show support for his client, **Braneisha**, a member of the choir at her high school. Deacon attended the play on his own time as Braneisha's mother thought she was unable to attend the program due to her work schedule. However, her mother was able to make it after all.

Farewell

Lafayette OJJ bid farewell to **Administrative Coordinator 4 Stephanie Rabalais**. A retirement luncheon was held and she was given a plaque in recognition of her years of service. We wish Stephanie the best of luck in the next chapter of her life.

Training Sessions Attended

Several training sessions were held in the Lafayette office, including Mandatory Reporting, Motivational Interviewing, Chemical Weapons recertification, Mental Health training, and Adolescent Development. Thank you goes out to **PPS Tracy Flores** and **PPO3 Deacon Jones** for the Motivational Interviewing training, **PPS Sharon Guillory** and **PPO3 Chris Potier** for the Mandatory Reporting training, **PPO3 Stephanie Krygowski** from Lake Charles for the Chemical Weapons recertification training, **PPO2 Jamie Baronet** and **Social**

Workers Claude Devillier and **Daronda Latham-Parker** for the Mental Health training.

PPO3 Wanda Sylvester and **PPO3 Kristi Eames** attended the American Red Cross' First Aid/CPR instructor training class. Both completed the three day training and are now certified instructors for OJJ and the Lafayette region.

PPO Jeffrey Edwards completed Change of Command training as part of the National Guard Brigade.

Holiday Season Activities

We enjoyed our holiday luncheon in December. Staff participated in unit versus unit games, an ugly sweater contest, and gifts were exchanged. Thanks to all the units for bringing food, games and gifts. Thanks to the **Positive Focus Committee** for providing the turkeys.

PPO Jeffrey Edwards participated in the Marine Reserve Unit Toys for Tots collection held in December.

PPO3 Mina Travis, a member of Daughters of the American Revolution, mailed care packages to soldiers in Afghanistan. They also donated gifts and hosted a Christmas party at the Lady Veterans home in Jackson.

PPO Rhonda Gallet volunteered her time to the Santa's Cajun Christmas. The volunteers dressed as elves and wrapped donated gifts for 80 children. They held a Christmas program in Vermilion Parish for the children, where they were able to meet Santa and Mrs. Clause.

Susan Taylor's grandson checks out his Nana's mustard greens in their Ponchatoula garden.



Jetson Center for Youth

Champion of Juvenile Justice Award Presented at Celebration of Change

Jetson once again hosted a Celebration of Change where OJJ's second annual Champion of Juvenile Justice Award was presented to **Beauregard Parish District Attorney David W. Burton**, left, accepting the award from **Dr. Livers**.



The award was created in 2010 to recognize people who have championed the cause of juvenile justice reform, and whose dedication and hard work have resulted in the overhaul of Louisiana's juvenile justice system. The first annual Champion of Louisiana Juvenile Justice Award was presented last year to **Louisiana Supreme Court Chief Justice Catherine "Kitty" Kimball**.



Award recipient DA David Burton addresses the audience at the Jetson Celebration of Change.

Director Daron Brown served as master of ceremonies for the gala event. Staff went all out to decorate the gymnasium with Christmas colors and trim. The program featured a history of Jetson presented by a youth, as well as updates on facility operations by **Deputy Assistant Secretary**

Sean Hamilton and community-based services by **Deputy Assistant Secretary Carolyn Lewis**. The Jetson choir under the direction of **Choir Mistress JJS Frances Bailey** was on hand to perform for the packed house, and **Culinary Arts Instructor Chef Ron Sonnier** and his students from Bridge City traveled to Jetson to work with staff to present a delicious luncheon featuring a grilled chicken breast topped with crawfish etouffee. A number of area dignitaries were present to participate in celebrating the good things happening at Jetson.

Many thanks to everyone at Jetson, staff and youth, who put forth great effort to make the 2011 Celebration of Change a resounding success, especially event coordinator **Sala Menaya**, Director Brown's administrative assistant.

Hammond Regional Office

SUPERSTAR!

The Hammond OJJ December Superstar was **Transport Officer Jessica Freeman**. She was recognized by **PPO2 Denise Wall** for all of her help in getting her caught up with filing and cases.

Christmas Celebrated in a Big Way



The Hammond OJJ staff really goes all out when decorating for our Christmas Party. This year, we decided to go with a "natural" theme. The members of the decorating committee pulled together and created home-made decorations with items found in our own backyards. This reporter found herself gluing sticks to a can for hours on end! It was a lot of work, but the results were remarkable!



Sticks on a can tied with raffia, left, and a candle display fashioned from magnolia leaves.

Retirees, representatives from local programs, contract providers, and some court personnel found time to join our staff in celebrating the holiday season.

We also held our “Dirty Santa” gift exchange game the morning of the party. The participants and those who gathered just to watch all had a great time!



The Dirty Santa Crew are from left, back row: PPO3 Mark Davis, PPO1 Adam Nyquist, TO Jessica Freeman, PPS Roy Wittorf, RM Sue Larisey and PPS Johnny Prentice. Front row: PPS Carrie Austin, AC4 Courtney Pegues, PPS Dawnita Hodge, PPO3 Danielle August and SSCIV Lori Wagner.



A Christmas red dahlia blooms in Susan Taylor's garden.

Hammond OJJ is Saint-Sational!

The staff showed support for our boys in black and gold by dressing in Saints gear on January 6, hoping for a Black and Gold Superbowl this year.



Pictured kneeling, from left: PPO3 Theresa Andries, PPO3 Tiffany James, AC4 Courtney Pegues, PPO3 Dana May; middle row: PPO3 Shirley Verberne, PPS Carrie Austin, PPO3 Kasey Wall, PPO3 Danielle August, PPS Dawnita Hodge, AC2 Janice Lewis, AC3 Terri Spencer; back row: TO Jessica Freeman, RM Sue Larisey, PPO1 Adam Nyquist and PPS Johnny Prentice.

Youth Highlight

By PPO Mark Davis & SSCIV Lori Wagner

PPO Mark Davis tells the success story of youth **Nikki H.**, who came to OJJ after spending the majority of the 2010-2011 school year in the Florida Parishes Juvenile Detention Center pending her court adjudication and disposition. Nikki was unsuccessful in enrolling in school last year due to her inability to provide proof of residency. Through Mark, OJJ sent a letter requesting a waiver to the local school board requesting permission for Nikki to attend GED classes at age 16. The request was granted and Nikki began pursuing her GED at the local center. She took the TABE test and scored a 12.9 across the board. She is now scheduled to take the GED test. Nikki's future goals are to attend the LA Technical College

to receive her certification as a midwife. Nikki often gets frustrated at the many hurdles that arise, however she continues to stay on task with her individual service plan, she follows the terms of her probation, and implements her goals with the help of Mark, her probation officer. Since being placed on probation, Nikki has shown maturity in her decision making and has begun to see a future for herself that are within the confines of the law.

Central Office

Gearry Williams Appointed Deputy Undersecretary

Gearry Williams has been named Deputy Undersecretary for OJJ. He will work with Undersecretary Connie Percell in the Office of Management and Finance.



He has a well rounded background, with experience in both the public and private sectors, including the mortgage, banking and consumer finance industries. Gearry is experienced in customer service, executive management, budget management, legislative testimony and tracking, as well as performance planning and management.

"I plan to work closely with OJJ management and staff to improve the efficiency and effectiveness of the Office of Management and Finance, which impacts all areas of the agency," Gearry said. "I plan to use the knowledge I've gained through years of executive management experience in the private sector, coupled with state government experience, to make an impact that will be felt throughout the agency."

Gearry sought a position where he could make an impact on the community and more specifically, youth. "The position of Deputy

Undersecretary will be rewarding in many ways, both professionally and personally, because I know that everything that I'm involved with will ultimately have an impact on the lives of our youth," Gearry said.

Gearry is a Louisiana native and a graduate of Bolton High School in Alexandria and Northwestern State University in Natchitoches. He is married, with three daughters, and spends a lot of time at basketball or soccer games cheering their kids.

"When I'm not at a sporting event or practice, I love riding my motorcycle. I am definitely a motorcycle enthusiast. Nothing beats being out on the open road on the motorcycle. It's a great stress reliever and gives you lots of time to think."

Please welcome Gearry to the OJJ team.

Nona Holmes Elected to LANIGP Board

Administrative Program Manager Nona Holmes was recently elected to the board of the Louisiana chapter of the National Institute of Governmental



Purchasing (LANIGP). Nona is our one-woman shop who provides outstanding service in purchasing and procurement, property control, fleet and risk management and telecommunications.

LANIGP is a membership-based, non-profit organization that supports the public sector purchasing profession. Its mission is to establish and maintain professional functions and status for the field of public sector procurement and materials management. The organization holds an annual educational conference products expo each fall.

LANIGP is a progressive, professional, service-oriented organization that provides guidance, support, encouragement and resources to NIGP and its members. The mission is to provide continuing education and professional development for state and local procurement staff.

The national organization was chartered in 1978 and includes state, federal, city, and parish governments and higher education agencies. There are approximately 77 chapters across the United States and Canada.

Central Office Christmas Extravaganza

Christmas presented the final opportunity for **HR Director Gwen Jones** to attempt to conduct the annual musical “performance” by the musically-challenged members of the executive team. Gwen met her final challenge to whip the e-team into a semblance of a choir before her retirement Dec. 31.

The choir, accompanied by **Engineer Curtis Badon**, managed to regale the staff with several numbers, including our own version of “We Wish You a Merry Christmas.”



Engineer Curtis Badon, left, accompanies members of the executive team, IT Director Vanessa Tom, Chief of Operations Ellyn Toney, Health Services Administrator Kelly Smith, DAS Karen Stubbs, Communications Director Jerel Giarrusso, General Counsel Martha Morgan and Undersecretary Connie Percell.



There are actually a handful of nice voices on the e-team, including **Chief of Operations Ellyn Toney**, who teamed up with **Curtis** for a surprise duet, shown left.



The short concert was followed by a lovely luncheon, served by members of the executive team, and ended on a hilarious note with a surprise performance by the new central office girl group, “**The What**,” a rockin’ sockin’ singin’ duo that look suspiciously like **Attorney Cynthia Eyre**, left and **Family Liaison Donna Bowie**. The What (as opposed to The Who) rocked the house with their version of Rocking Around the Christmas Tree:

Rockin’ around at OJJ, have a happy holiday. Going to school and being cool, in a most constructive way.

Circlin’ up, come on, come on, with that positive feedback. Don’t play the staff, kids, it’s a drag when the counselor blows his stack.

You will get a therapeutic feeling when you learn, how to make some better choices, Watch the world as it rejoices!

Staffing the kids at OJJ, will the judge let me go home? I will be good and never stray, and I’ll help my mom at home.

Getting a GED is great and I want to learn a trade. Self reliance is my goal, a good job and getting paid!

You will get a satisfying feeling when you hear, hard work, change and education, earns for you a modification!

Rockin' around with OJJ, have a happy holiday. You are the best team in the land, helping kids through OJJ!

Many thanks to the Morale Committee, without whose efforts we would not have had such a wonderful luncheon: **Nita Franklin-Shanklin, Gwen Brinkley, Marvel Adams, Mitzi Sonnier, Nykisha Franklin and Shaeki Shanklin.** We really appreciate all that they do.



The cake served at the Christmas luncheon.

Gifts for Girls



OJJ's secure care girls housed at Ware Youth Center in Coushatta received Christmas gift bags packed by central office staff, including lots of goodies that delight young ladies. The packing crew included Director of Treatment Annette Arthur, Program Coordinator Roslyn Foster, Program Manager Arlona Wells-Morgan, Dr. Livers and Administrative Coordinator Wanda Murray.

Central Office Retirement Party



Honorees Katherine Abrams, Alethea Bornes and Gwen Jones.

Central office staged a retirement party to send off three people who recently retired – **Human Resources Director Gwen Jones, with 34 years of service; Food Services Director Alethea Bornes, with 33 years of service and CB Services Administrative Assistant Katherine Abrams with 10 years of service.** Each of these ladies played a key role within the agency and they will all be missed.



Above, Undersecretary Connie Percell presents a plaque to Gwen Jones. Above right, Alethea Bornes, bottom right, Katherine Abrams.



The central office party planners pulled out the stops to make sure the send-off party was memorable, with good food, family members of the retirees on hand, and great entertainment presented by OJJ's new girl group, **The What**, with their rendition of "Have You Seen Her?" by the Chi-lites. Abbreviated lyrics below:



One month ago today I was happy as my horses, but now my heart is heavy. We're losing the queen of human resources

We rely on her for everything. Her expertise is famous. Who would want such a paragon to leave us? If we pitch a fit, who could blame us?

I know I can't change her mind, She thinks there's greener, greener grass. So I guess we have to imagine her, sitting home on her big fatsofa.

She's a smooth operator and she's never nervous, have you seen her in action down at Civil Service? Have you seen her? Tell me, have you seen her?

Oh, she loves to cheer for the Jaguar nation. And signs us up for deferred compensation. Have you seen her? Tell me, have you seen her?



Well she seems to think that she's done her time. But her leaving us it feels like a crime. Have you seen her? Tell me, have you seen her?

As our dear Gwen goes through the door All we can do is wish her well. And remember her fondly because she is so great.

Her heart is good, generous and kind, And although life swings like a pendulum, Don't forget we really love you, Gwendolyn.

Have you seen her, tell me, have you seen her?



What? The What? Who? Who's that under those fun wigs? Could it be.... Attorney Cheryl Carter, Attorney Cynthia Eyre and Family Liaison Donna Bowie?

Bridge City Center for Youth

Farewell

Bridge City Center for Youth would like to respectfully and sincerely say farewell to a few of the best. May your retirement be as gracious to you as you were to us!

Mary Gatlin, Juvenile Justice Specialist 6, 22 years of service.

Bruce Woods, Juvenile Justice Specialist 3, 18 years of service.

Yolanda Page, Corrections Food Manager 1 14 years of service.

BCCY Holds Celebration of Change

We are pleased to say the BCCY staff put on a fine event, with **Chef Ron Sonnier** and his Culinary Arts students' delectable lunch of grilled boneless chicken breasts covered with crawfish etouffee, served over yellow rice pilaf.



Culinary Arts students preparing dessert for the Celebration of Change.



Youth Cody S. gave an interesting history of Bridge City. Keynote speaker was Orleans Parish Juvenile Judge **Tracy Flemings-Davillier**, left, whose heartfelt

presentation on the word "change" hit home for all of us in OJJ, and certainly for our kids. She stressed that the best weapon is knowledge.

The Bridge City Choir, under the direction of choir mistresses **JJs Seletar Gosa** and **Letitia Watts** sang inspirational Christmas songs a capella, very impressive.



The BCCY Choir performs at the Celebration of Change.

We presented certificates of appreciation to one recent retiree and a number of staff for their extraordinary service to Bridge City.



Dr. Livers speaks to a full house at the Celebration of Change.

Many thanks to **Acting Director Namon Reid**, who served as master of ceremonies, and his staff, especially **Cassandra Washington** and **Sharonda Smith**.

News from Chef Sonnier and the Culinary Arts Students

By Chef Ron Sonnier, Culinary Arts Instructor

December was a month filled with excitement and lots of goodies prepared in the Culinary Arts kitchen at BCCY. After we finished up with the Celebration of Change at Jetson Center for Youth, we started preparing for the all the events at BCCY by making 40 pounds of peanut butter fudge, sugar and chocolate chip cookies, specialty cakes and lots of other goodies for the students and staff of BCCY.

The Education department presented a Christmas program and the BCCY Celebration of Change followed. Needless to say the students were quite busy, especially since we volunteered to do the dessert and snack for Christmas Day for all the students. Both functions were very nice and the food was enjoyed by all.

The students keep asking me why I volunteer so much for them to do, and I always tell them that it's to help them gain the experience they will need when they get out and get a job in the world.

Well, things have settled down now and we are getting back to reality but still getting ready for programs coming in the next couple of months.



Warren C., Jared N., Elijah N., Brandon D., Kendrick W. and Christopher T. participated in preparing the luncheon at BCCY for the Celebration of Change.

BCCY Celebrates Christmas

By Veronica George, Adm. Pro. Mgr.

Christmas is a time for giving as well as a time to reflect on the wonderful gift God gave to us and that is the birth of his darling son, Jesus. We presented our annual Christmas program, and everyone gave of themselves without reservation. The committee included **Adm. Asst. Alana Burke, Adm. Program Spec. Eddie Newsome, Adm. Coordinator Tanya Ellis, Adm. Asst. Shauna Charles, Adm. Asst. Sharonda Smith, CCS Adm. Asst. Tiaka Gibson, Tutor Bella Berry, Adm. Asst. Ina Anderson, SSC Lovie Poole, Instructor Christopher Mayes, Culinary Arts Instructor Chef Ronald Sonnier, Adm. Coordinator Marla White, Therapeutic Rec. Spec. Darlene Anderson, JJS Thelma White, Food Mgr. Yolanda Page and myself.**

Each department contributed their decorations to make the gym presentable and beautiful. We even borrowed wreaths from doors all over the facility, including the Director's, and at the end it did look a lot like Christmas. Thanks to the wonderful committee members who worked so diligently to make our Christmas Program a success, because after all, Christmas is a time for giving, and we all at BCCY gave a gift greater than money can buy, and that is ourselves. Everything was done with love. Thanks to the kitchen staff who always prepare delicious meals and **Chef Sonnier** for the desserts.

Volunteers adopted dorms and those not adopted by volunteers were adopted by departments at BCCY. All youth received gift bags with items for hygiene and snacks.

CCS Health Services Administrator Kimberlin Pittman and Staff Development Specialist Susan Taylor blessed the youth who are fathers with gifts that they then wrapped and presented to their own children. We are always to remember that Christmas is a time for sharing the gift of Love.

Baton Rouge Regional Office

Congratulations

Employee of the Month

PPO Darla Hood is the December **Employee of the Month**. Darla was nominated by her co-workers because she is always willing to assist when needed. She will go above and beyond to make sure that the job is done. She is happy to assist the kids on her caseload in any way she can and she is always trying to make a difference in their lives.

Kudos

We would like to **recognize PPO Katina Broden** for her special holiday contribution to a needy family. Katina attended an ISC (Interagency Service Coordination) meeting for a needy family that was referred to the program by the child's school. The mother is a single parent residing at the Battered Woman's Shelter with her two children. At the time of the meeting the family was being asked to leave the shelter in three days since their time was expiring. The family had nowhere to go and was faced with being homeless during the holidays!

Thankfully for this family, Katina and a representative from the Housing Authority were present and extended a caring hand to help them. Katina supplied the family with a turkey and several nonperishable items for a nice holiday meal and the representative from

the Housing Authority was able to secure housing for the family before they had to

The Giving Spirit

Baton Rouge OJJ closed out the month with more of the giving spirit. We continued our annual holiday Toys for Teens Drive supplying teenagers with special holiday gifts. We also delivered more holiday meal baskets to needy families in the communities we serve during our annual holiday food drive. This year we gave out five holiday baskets full of the all the fixings needed for a fantastic holiday meal.

Happy Birthday

Special happy birthday wishes went out to **PPS Rickey Cannon, PPO Elois Nelson, and Administrative Coordinator 3 Christina Graham**. We are very happy to have each and every one of you as a part of the Baton Rouge OJJ family, and we wish them all a very happy birthday!

Alexandria Regional Office

Congratulations to **PPO3 Lori Johnson**, for making the President's Honor List for the Fall 2011 semester at McNeese State University in Lake Charles.

We welcome **PPO1 Mekensie Maxwell**, who joined Alexandria OJJ in December.



Left, lantana blooms in Susan Taylor's garden. Right, Jack Frost visits the broccoli in her garden on a frosty morning.





**BCCY Culinary Arts
& Occupations**



Chef Ronald J. Sonnier, CEC

Recipe of the Month

This month's recipes are fun and really a treat for the whole family especially the crawfish mold that will be a big hit when the Saints go marching into the Dome for the Super Bowl.

Sonnier's Chicken Lo Mein

4 skinless, boneless chicken breast
halves - cut into thin strips
5 tsp white sugar, divided
3 tbsp rice wine vinegar
½ cup soy sauce, divided
1 ¼ cups chicken broth
1 cup water
1 tbsp sesame oil
½ tsp ground black pepper
2 tbsp cornstarch

1 (12 ounce) package uncooked linguine
pasta
2 tbsp vegetable oil, divided
2 tbsp minced fresh ginger root
1 tbsp minced garlic
½ pound fresh shiitake mushrooms (any
type of mushroom), stemmed and sliced
6 green onions, sliced diagonally into ½
inch pieces

In a medium (glass) bowl, combine the chicken with 2 ½ teaspoons of white sugar, 1½ tablespoons vinegar and ¼ cup of soy sauce. Mix this together and coat the chicken well. Cover and let marinate in the refrigerator for at least 1 hour.

In another medium bowl, combine the chicken broth, water, sesame oil and ground black pepper with the remaining sugar, vinegar and soy sauce. In a separate small bowl, dissolve the cornstarch with some of this mixture and slowly add to the bulk of the mixture, stirring well. Set aside.

Cook the linguine according to package directions, drain and set aside. Heat 1 tablespoon of the vegetable oil in a wok or large saucepan over high heat until it starts to smoke. Add the chicken and stir-fry for 4 to 5 minutes, or until browned. Transfer this and all juices to a warm plate.

Heat the remaining vegetable oil in the wok or a pan over high heat. Add the ginger, garlic, mushrooms and green onions, and stir-fry for 30 seconds. Add the reserved sauce mixture and then the chicken. Simmer until the sauce begins to thicken, about 2 minutes. Add the reserved noodles and toss gently, coating everything well with the sauce. Serves 4.



Sonnier's Crawfish Mold

1 pkg. Louisiana crawfish tails
2 pkg. cream cheese
3 pkg. non-flavored gelatin
1 can tomato soup
½ cup bell pepper, chopped fine
½ cup white onion, chopped fine

½ cup green onion, chopped fine
3 tbsp garlic powder
1 cap full Zatarain's Crab Boil
Any type of Cajun seasoning to taste
1 ½ cup hot water

Chop the crawfish tails really fine. Add all ingredients (crawfish tails, white onion, green onion, bell pepper, and Cajun seasoning to taste). Cook for 10 - 15 minutes. Add garlic powder, tomato soup and cream cheese. Mix all in, and let it dissolve into the mixture. Take 1 package of gelatin and shake into ingredients cooking in pan (as if you're shaking in seasoning). Take 2 packages of gelatin and mix into hot water - until jelly- like consistency, then add gelatin into mixture cooking in pan. Remove from heat, add Zatarain's Crab Boil.

Spray a nonstick pan, molding pan or tray. Pour in crawfish mixture, refrigerate and chill for 4 - 5 hours.

Removing Mold From Molding Pan: Place bottom of the pan in warm water to loosen the mold from the inside of the pan. Flip the mold onto a plate or serving dish. Remove molding pan away from crawfish mold. Serve over a bed of lettuce and garnish with crackers of choice. This mold can be made with any type of seafood or mixture of seafood, crab, shrimp or crawfish.

Bon appétit - Chef Ron Sonnier



Breast Cancer Awareness



Separating the Facts and the Myths

The Myth

Finding a lump in your breast means you have breast cancer.

The Truth

If you discover a persistent lump in your breast or any changes in breast tissue, it is very important that you see a physician immediately. However, 8 out of 10 breast lumps are benign, or not cancerous. Sometimes women stay away from medical care because they fear what they might find. Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, and scheduling regular mammograms.

The Myth

Men do not get breast cancer.

The Truth

Quite the contrary. Each year it is estimated that approximately 1,700 men will be diagnosed with breast cancer and 450 will die. While this percentage is still small, men should also give themselves regular breast self-exams and note any changes to their physicians.

The Myth

A mammogram can cause breast cancer to spread.

The Truth

A mammogram, or X-ray of the breast, is one of the best tools available for the early detection of breast cancer. It CANNOT cause cancer to spread, nor can the pressure put on the breast from the mammogram. Do not let tales of other people's experiences keep you from having a mammogram. Base your decision on your physician's recommendation and be sure to discuss any questions or concerns with your doctor.

The Myth

Having a family history of breast cancer means you will get it.

The Truth

While women who have a family history of breast cancer are in a higher risk group, most women who have breast cancer have no family history. If you have a mother, daughter, sister, or grandmother who had breast cancer, you should have a mammogram five years before the age of their diagnosis, or starting at age 35.

The Myth

Breast cancer is contagious.

The Truth

You cannot catch breast cancer or transfer it to someone else's body. Breast cancer is the result of uncontrolled cell growth in your own body. However, you can protect yourself by being aware of the risk factors and following an early detection plan.

The Myth

Knowing you have changes in the BRCA1 or BRCA2 gene can help you prevent breast cancer.

The Truth

While alterations in these genes in men and women can predispose and individual to an increased risk of breast cancer, only 5% to 10% of patients actually have this mutation. This, this is not an absolute correlation. Like your age or

An Early Detection Plan should include:

All Ages:

Recording personal exams, mammograms and doctors' appointments on a calendar or in a detailed file.

Maintaining a healthy weight, following a low-fat diet, getting regular exercise, quitting smoking, and reducing alcohol consumption.

Beginning at age 20: Performing breast self-exams and looking for any signs of change.

Age 20 to 39: Scheduling clinical breast exams every three years.

By the age of 40: Having a baseline mammogram and annual clinical breast exams.

Ages 40 to 49: Having a mammogram every one to two years depending on previous findings.

Ages 50 and older: Having a mammogram every year.

**Register with the site
(www.NationalBreastCancer.org) and
they will email you reminders!!!**

having a family history of breast cancer, it's a factor you just can't control. But you can let your physician know, perform regular breast self-exams, and focus on the fact your chances of not having this disease are greater than 90%.



Source: www.NationalBreastCancer.org

Courtesy of Wellness Proposals

The Inside Scoop...of OJJ

The Inside Scoop...of OJJ is published monthly to communicate with and about OJJ staff in offices and facilities throughout the state, about agency activities, happenings and items of interest.

The Inside Scoop...of OJJ is produced by the Central Office with input from staff statewide.

...until next month

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